

Will I Be Able to Breastfeed Successfully?

Breastfeeding gives your baby the best start in life. All too often, women miss out on this very special part of motherhood because of misleading information they hear from others.

What you may hear:

The Truth:

“Breastfeeding hurts!”



Breastfeeding shouldn't be painful. Some discomfort or soreness is normal for the first few weeks. If you hold your baby correctly and change positions often, you can help prevent soreness.

“You have to eat a perfect diet!”

You will feel better if you eat well no matter how you feed your baby. However, a less than perfect diet will not affect your milk supply.

“You won't have enough

All moms have this question. We call this “Supply and Command”. The more milk your baby takes (commands), the more milk you produce (supply). Nurse whenever baby is hungry, or at least every 1½ to 3 hours. Using formula *will* decrease your milk.

What you may hear

The Truth

“It's embarrassing to breastfeed in public!”

With a little practice, no one will know you are breastfeeding. Drape a baby blanket over your shoulder to cover baby for a private nursing. Use a quiet area or dressing room lounge at the mall.

“If you smoke, you shouldn't breastfeed!”

It is healthiest for you and your baby if you don't smoke. If you can't quit, try smoking less often, smoke after you nurse, and always smoke away from your baby.

“Breastfeeding ties you down”.



Breastfed babies are easy to take places! Your breast milk is always the right temperature and “ready to feed” anytime! Also, you won't have to pack bottles, nipples, and formula.

“Breastfed babies won't take a bottle!”

Breastfeeding needs to be going well before you choose to introduce a bottle. Then, after 3 to 4 weeks of age you can offer a bottle 1 or 2 times a week, without interfering with your breastfeeding.

“You can't breastfeed and go back to work or school!”

You can breastfeed and return to work or school. Your WIC breastfeeding counselor can discuss the many options for continued breastfeeding such as pumping or arranging your schedule.

My Plans for Breastfeeding:_____

WIC Breastfeeding Counselor:_____

Phone Number: _____